

**WHAT IS CLAIMED IS:**

1. Lactic fermenting products of ginseng prepared by the fermentation of ginseng with lactic acid bacteria capable of bio-converting ingredients of ginsenosides.

5        2. Lactic fermenting products of ginseng as claimed in claim 1 wherein said ginseng is selected from the group consisting of dry ginseng powder, ginseng treated by acid, ginseng treated at high temperature and ginseng treated under pressure.

10       3. Lactic fermenting products of ginseng as claimed in claim 1 or claim 2 wherein said lactic fermenting products of ginseng comprises at least one ingredient selected from the group consisting of Compound K(20-O- $\beta$ -D-glucopyranocyl-20(S)-protopanaxadiol), ginsenoside Rh1 and ginsenoside Rh2, and  $\Delta^{20}$ -ginsenoside Rh2.

15       4. Lactic fermenting products of ginseng as claimed in claim 3 wherein the total amount of (Compound K+ginsenoside Rh1), (ginsenoside Rh1+ginsenoside Rh2), (ginsenoside Rh2+  $\Delta^{20}$ -ginsenoside Rh2+ginsenoside Rh1) or (Compound K+ginsenoside Rh1+ginsenoside Rh2) is respectively in the ratio of more than 0.1 with respect to the amount of (ginsenoside Rc+ginsenoside Rd+ginsenoside Rb1+ginsenoside Rb2+ginsenoside Re+ginsenoside Rg1).

20       5. Lactic fermenting products of ginseng as claimed in claim 1 or claim 2 wherein said lactic acid bacteria may be at least one selected from the group of bifidobacterium K-103, bifidobacterium K-506, bifidobacterium cholerium KK-1, bifidobacterium minimum KK-2, bifidobacterium H-1 and bifidobacterium KK-II.

25       6. A ginseng yoghurt comprising lactic fermenting products of ginseng as claimed in claim 1 or claim 2.

30       7. The ginseng yoghurt as claimed in claim 6 wherein lactic fermenting products of ginseng are incorporated into said ginseng yoghurt through the fermentation process wherein both milk and ginseng are fermented together.

8. The ginseng yoghurt as claimed in claim 7 wherein said lactic acid bacteria may be at least one selected from the group of bifidobacterium K-103, bifidobacterium K-506, bifidobacterium cholerium KK-1, bifidobacterium minimum KK-2, bifidobacterium H-1 and bifidobacterium KK-11

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9. The ginseng yoghurt as claimed in claim 6 wherein said lactic acid bacteria can suppress the intestinal harmful bacillus and/or suppress the activity of the intestinal harmful enzyme and/or to suppress the proliferation of cancer cells.

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10. Bifidobacterium KK-1(KCCM-10364).

11. Bifidobacterium KK-2(KCCM-10365).

12. Bifidobacterium H-1(KCCM-10493).